



You don't have to manage anxiety and depression alone. You've got us.

Help is here. In a world that feels more isolating and overwhelming than ever, we make it easy for you to access mental health support.

What we treat

Some examples of how our providers can help:

Anxiety

Depression

Stress & Burnout

Isolation

Trauma

Grief & Loss

Relationship Issues

PTSD

Postpartum Depression

And more...

What it costs

Doctor On Demand therapy visits are included as part of your health benefits. To see your copay, register or login now. We provide the cost of your visit upfront, so there are no surprises after your visit.

Visit doctorondemand.com/health-plans-inc

*Health Plans, Inc. members pay the PCP-level cost sharing for each visit. Referrals and/or authorizations are not required. If you are on a tiered plan, you pay the lowest cost tier PCP-level copayment. If you have a deductible, the cost of a medical visit is up to \$52, and this will apply until your deductible has been met. Please refer to your Schedule of Benefits for your plan's specific cost sharing. The cost sharing for certain plans may be less than the PCP-level co-payment.